



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Reichl, Cassandra

Number: 253

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Frauen (20-29 Jahre)

Total time: 51:21

Speed: 11.68 km/h
 Running performance: 5:08 min/km

Rank in course/Total: 55 (of 84)

Rank in course/Women: 9 (of 23)

Best time in course: 41:13

Rank in category: 4(of 6)

Best time in the category: 41:13

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	7:36	4:33	3	1:04	5	1:04	1.67	7:36	4:33	3	1:04	5	1:04
Lap 2	2.35	11:28	4:52	3	1:52	5	1:52	4.02	19:04	4:44	3	2:56	5	2:56
Lap 3	2.35	12:38	5:22	4	2:44	11	2:44	6.37	31:42	4:58	3	5:40	7	5:40
Lap 4	2.35	13:01	5:32	4	3:12	12	3:12	8.72	44:43	5:07	4	8:52	9	8:52
Last lap Finish	1.28	6:38	5:10	4	1:18	9	1:18	10.00	51:21	5:08	4	10:08	9	10:08